
PATIENT INFORMATION – ASTHMA

It is important for you to monitor your asthma condition over the next few days to ensure your asthma is improving and prevent further attacks.

Understanding why were you unable to manage your asthma

It is important to try and work out why you were unable to control your asthma. You need to book an appointment and discuss this with your own GP. Reasons may be:

- That you are not taking enough medication or you now need a different type of medicine
- That you are not using your inhaler correctly and the medicine is not reaching your lungs.

Ask your health professional if they can check if you are using your inhaler properly.

When you get home

- Keep taking your inhalers and prescribed medications as usual, plus any extra medicines that you have been given by the Accident and Emergency Department
- Monitor your peak flow regularly and keep a diary of the results
- Arrange an appointment to see your GP, Practice Nurse or Asthma Nurse within the next 48 hours, explaining what has happened
- If you have been given a course of prednisolone (steroid) tablets, take the whole daily dose in the morning, not in the evening

If your symptoms get worse within 24 hours

Should any of the following symptoms develop (or worsen) within 24 hours following your discharge, you should return to the Accident and

Emergency Department, contact your GP/ specialist asthma nurse immediately or contact NHS Direct Wales on 0845 46 47.

- You suffer another attack
- You have increased shortness of breath
- You develop a cough, wheeze and/or any tightness in your chest
- If your sleep is disturbed by symptoms of your asthma and/or if they are worse on waking up in the morning
- Your reliever is not as effective in relieving your symptoms
- Your peak flow is falling or there is a big difference between your morning and evening readings
- Your asthma is limiting your activities more than usual
- If you are concerned regarding your discharge today or unsure of any of the information given

If you have an asthma attack

- Take your reliever (usually blue) inhaler immediately and use a spacer device if you have one
- Sit down and try to take slow steady breaths
- Do not lie down as this will restrict your breathing further
- If your condition is not improving, continue to take two puffs (one puff at a time) of your reliever inhaler every two minutes. You can take up to 10 puffs
- If your symptoms do not improve after taking your inhaler or if you have any doubt, then call 999 for an ambulance
- Never be afraid of causing a fuss, even at night

It is still worth seeing your GP or Asthmas nurse within 24 hours of an attack even if you do not need to call 999.

Things you can do to prevent an asthma attack

Try to identify your triggers, e.g animals, emotions, house mites. For further information visit :

NHS Direct Wales – 0845 46 47 – www.nhsdirect.wales.nhs.uk

Asthma UK – 0800 121 62 44 – www.asthma.org.uk



If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47
www.nhsdirect.wales.nhs.uk